

## OAKMONT GARDENS

Connections. Community. Comfort.

## **Eight Dimensions of Wellness**















Weekly Recurring Events										
Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays				
Church Service 10:30 Bistro Boardgames with Cheri 10:30 Sunday Brunch 2:00 Bingo 2:00 Movies at Oakmont	12:45 Brain Games 1:45 Bingo 3:00 Classical Music Presentation 4:00 Beer & Wine at the	11:15 Cardio Drumming 1:00 Wheel of Fortune 2:15 Mexican Train 2:00 Active w/ Kelly 2:30 Dog Therapy w/ Alba 3:00 Mixology Mixers	10:30 Catholic Mass 1:00 Go Games with Michelle!	•		10:00 Cardio Drumming 10:15 Lets Play Uno! 12:30 Brain Games 3:30 Games with Friends 6:30 Evening Movie 6:30 Fiona & Michelle Game of Games!				
3:30 Bistro Sundays 6:30 Evening Movie	Bistro 6:30 Evening Movie	6:30 Evening Movie		(except 4/9)						

Church Service 10:30 Bistro Boardgames with Cheri 10:30 Sunday Brunch 2:00 Bingo 2:00 Movies at Oakmont 3:30 Bistro Sundays 6:30 Evening Movie	10:30 Cocoa & Chat 12:45 Brain Games 1:45 Bingo 3:00 Classical Music Presentation 4:00 Beer & Wine at the Bistro 6:30 Evening Movie	11:15 Cardio Drumming 1:00 Wheel of Fortune 2:15 Mexican Train 2:00 Active w/ Kelly 2:30 Dog Therapy w/ Alba 3:00 Mixology Mixers 6:30 Evening Movie	10:30 Catholic Mass 1:00 Go Games with Michelle! 1:30 Bridge w/ Friends 3:00 Local Wine Wednesday 4:00 Pet Therapy w/ Ruby! 6:30 Evening Movie	9:30 Men's Coffee Klatch 10:30 Walking Club 12:30 Documentary Series 1:45 Bingo 3:00 Wii Games! 4:00 Beer, Wine, & Snacks! (except 4/9)	11:00 Bible Study Group 1:00 Brain Games 2:00 Active with Kelly 2:00 Music Series: Andre Rieu 4:00 Happy Hour 6:30 Evening Movie	10:15 Lets Play Uno! 12:30 Brain Games 3:30 Games with Friends 6:30 Evening Movie 6:30 Fiona & Michelle Game of Games!				
MAY Specific Events										
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
Green = Outing; RSVPs required in advance at the front desk. Purple = Community Meeting; attendance highly encouraged!	Oakmont Village (OVA) Event is hosted by an OVA group and will occur at the Berger Center, CAC or East/West Rec Centers.		1 11:00 Goji Kitchen Lunch Outing 3:30 Activities Discussion	2 12:00 Documentary: Heart of Invictus: Something Needs To Change 3:00 Travel Tales	3 10:00 Montgomery Village + Solful Dispensary Shopping 1:30 Post Office Outing 4:30 Marimba Honor Ban	9:30 Sturgeon's Mill Outing 10:45 Melted Flower Art Craft 3:00 Safeway Shopping Trip				
5 CINCO DE MAYO 10:30 Cinco De Mayo Brunch 12:30 Curiosity U Lecture Jackie Kennedy: Her Life, Image, & Legacy 2:00 Movies at Oakmont: Nyad	2:00 Oakmont Playreaders Presents: "A Hotel on Marvin Gardens" 3:30 Friendship Circle Presents: Seder Celebration!	7 11:30 Lunch with Pastor Greg 3:00 Town Hall with Morgan	9:00 Café Frida Gallery Outing 11:00 Marie Macchia Pop Up 11:15 Goji Kitchen Lunch Outing	9 11:00 Flower Arranging 12:30 Documentary: Heart of Invictus: Invisible Injuries 1:00 Earl Baum Low Vision Workshop 3:30 Mothers Day Tea! 6:30 Pastor Greg: Germany	10:00 Trader Joe's Shopping 1:30 Post Office Outing 2:00 Silk Scarf Painting Craft	11 10:00 Safeway Trip 10:45 3000 Questions! 1:00 Santa Rosa Symphony Rehearsal Outing 2:00 Folk Music Presentation				
12 Happy Mothers Day! 12:30 Curiosity U -Longevity: ROAR into your 2nd Life 2:00 Santa Rosa Symphony Performance Outing 2:00 Movies at Oakmont: Beyond Utopia	9:00 Explore Oakmont Bus Ride 2:00 Oakmont Playreaders Presents: "A Hotel on Marvin Gardens"	1:00 Smartphone Training 3:00 Mixology Mixer: Paloma	15 11:15 Met Opera, Rialto Theater Outing 3:00 Resident Association Meeting 7:00 Redwood Chordsmen Practice	16 Be Seen in Green Day 12:30 Documentary: Heart of Invictus: One Step Forward, Three Steps Back 6:30 "Chosen One" Discussion	17 10:00 Coddingtown Mall Shopping	18 10:00 Safeway Trip 10:00—3:00 Oakmont Craft Guild Craft Faire!				
	Commur	nity Wildfire Preparedness We	ek—Resident, Family & Staff P	reparedness Meetings held all	week long!					
19 12:30 Curiosity U – Marc Chagall: An Artful Life 2:00 Movies at Oakmont: Gran Turismo	20	21 3:00 Mixology Mixer: Lemon Sorbet Mimosa	22 11:00 Focaccia art Baking Class 2:30 Food For Thought	23 11:00 Flower Arranging 12:30 Documentary: Heart of Invictus: Group Therapy 2:00 A/L Resident Council 3:00 Mary Kay Presentation: Skin Care & Beauty 6:30 "Chosen One" Discussion	24 3:30 May Birthday Happy Hour	10:00 Safeway Trip 10:45 3000 Questions! 2:00 Folk Music Presentation 10:00 - 1:00 21st Annual Car Show				
26 12:30 Curiosity U- Poetry: The Romantics & Victorians 2:00 Movies at Oakmont: One Life	27 MEMORIAL DAY BBQ 11:30 Memorial Day BBQ!	28 3:00 Mixology Mixer: Bloody Mary	29 10:30 Charles Schultz Museum Outing	30 12:30 Documentary: Heart of Invictus: Where the Light Enters 6:30 "Chosen One" Discussion	31 10:30 Safeway/CVS Shopping 1:30 Post Office Outing	HAPPY Wother's Day				